

QUICK RELIEF FROM CONSTIPATION

Get Dr. Edwards' Olive Tablets

That is the joyful cry of thousands since Dr. Edwards produced Olive Tablets, the substitute for calomel. Dr. Edwards, a practicing physician for 17 years and calomel's old-time enemy, discovered the formula for Olive Tablets while treating patients for chronic constipation and torpid livers. Dr. Edwards' Olive Tablets do not contain calomel, but a healing, soothing vegetable laxative. No gripping is the "keynote" of these little sugar-coated, olive-colored tablets. They cause the bowels and liver to act normally. They never force them to unnatural action. If you have a "dark brown mouth" now and then—a bad breath—a dull, tired feeling—sick headache—torpid liver and are constipated, you'll find quick, sure and only pleasant results from one or two little Dr. Edwards' Olive Tablets at bedtime. Thousands take one or two every night just to keep right. Try them. 10c and 25c per box. All druggists.

LIVING COSTS ON FARM.

Value of Food, Fuel and Use of House for Average Family.

Many a farm is yielding at least a small profit, when, according to a strict bookkeeping tally, it seems to be a losing proposition. This paradox is explained by the facts brought out in a bulletin just issued by the department, entitled "Value to Farm Families of Food, Fuel, and Use of House." These items, namely, food, fuel, and shelter, which every farm furnishes to the farm family without money cost, are the factors which strict bookkeeping does not take into account and which constitute the difference between profit and loss on the farm which seems to be losing money when in reality it is breaking even or perhaps making a little profit.

The facts brought out in this bulletin were gathered by a survey of a thousand families representing widely separated sections in 14 states. Figures were gathered covering the value of all food, fuel, and shelter, itemized to show what part was bought and what part furnished by the farm.

Following is a brief summary of the more significant averages established by this inquiry. The figures given are based on reports from 950 families, averaging 4.8 persons per family.

Annual value of food, fuel, and use of house:

Average per family	\$642.00
Furnished by farm	\$424
Bought (per cent.)	218
Animal products (per cent.)	58
Groceries (per cent.)	25
Vegetables (per cent.)	11
Fruits (per cent.)	6

From farm (per cent.)

Bought (per cent.)	42
Average per family	62.00
Wood (8.4 cords)	\$36.32
Cobs	1.00
Coal (2.6 tons)	17.85
Oil (5.5 gallons)	6.33

From farm (per cent.)

Bought (per cent.)	56
Annual value of use of house:	
Average per family	132.00

It was found that the average annual value of meats consumed per family (other than poultry) was \$107.25; of poultry products, \$55.40; and of dairy products, \$98.36. The quantity of dairy products consumed per family was equal to 2,640 quarts of milk.

The total value of food consumed per family was found to vary directly with the amount of meat used. As the relative value of meat consumed increases, the total value of food consumed per family increases.

Families living on their own farms reported higher consumption of food and a larger percentage of food derived directly from the farm than those living on rented farms.

The average quantity of fruit canned annually per family was found to be 122 quarts; of vegetables, 32 quarts.

Not Her Fault.

"What do you mean by keeping me standing on the corner like an idiot?" demanded an angry husband, whose wife had kept him waiting to go Christmas shopping with her. "Now, really, dear," she replied sweetly, "I can't help the way you stand."

FOOD AND DRUG OFFICIALS CO-OPERATE

Federal and State Food and Drug Laws Supplement Each Other, Making Enforcement More Effective.

The work accomplished by the co-operative efforts of the officials charged with the enforcement of the Federal food and drug act and the officials who enforce state laws regulating commerce in similar products is outlined in the annual report of the chief of the bureau of chemistry, U. S. department of agriculture, which has just been published. The report states that such co-operation has been more effective than ever before owing to the manner in which the office of state co-operative food and drug control has conducted its work. This office was established in 1914 for the purpose of making food and drug law enforcement more effective by facilitating the systematic exchange of information regarding law violations and methods of detecting them between federal and state officials and among officials of various states. In the absence of some quick method of distributing such information it might be possible for a manufacturer to dispose of his adulterated products in other states for some time after detection.

The co-operation work, however, has accomplished much more than the exchange of information. Federal and state officials have united their efforts in improving the food supply in definite localities and for the correction of specific abuses in the production and sale of particular products. For instance, the federal and state officials co-operated in the sanitary control of the milk supply of small cities near state boundaries in the states of Illinois, Iowa, Missouri, Kansas and in New England. These cities received part of their milk supply from the state in which they were located and part from neighboring states. The part of the supply that came from other states could best be handled under the federal law, for that law applies to all food and drugs shipped into interstate commerce; that is, shipped from one state to another. Thus all parties responsible for the shipment of adulterated milk could be reached whether they resided in the state where the milk was sold or not. Without the co-operation of the federal officials it would not be possible for the state officials to reach effectively the offenders residing in other states. It is proposed to repeat this work year after year, the report states, "extending it each year to new territory." Similar co-operative work has been done on the control of the shipment of decomposed eggs so effectively that this traffic has been broken up.

Food and drug officials found that, owing to high prices prevailing for certain synthetic drugs used extensively by physicians in the treatment of various diseases, there were being put on the market cheap imitations which were sold under the name and label of the genuine medicine but which on examination were found to have little or none of the therapeutic effects of the genuine articles. Though a number of shipments were seized, and a number of individuals successfully prosecuted under the federal food and drug act, and indictments returned under the postal laws, the traffic could not be wholly suppressed by federal action, nor all the offenders reached. The situation was laid before the state and municipal officials who instituted many prosecutions and seizures, with the result that the joint action of the federal, state and municipal officials broke up this fraudulent traffic.

As the result of joint action between the federal and state officials, or independent action based upon the exchange of information regarding law violations, much work was done during the year to clear the channels of commerce from decomposed canned goods, decomposed fish and poultry, polluted or watered oysters, watered scallops, liquors containing wood alcohol, misbranded nostrums, adulterated oats, misbranded cottonseed meal, misbranded stock feeds, and a large number of other adulterated or misbranded foods and drugs.

The work of the office of state co-operative food and drug control has brought about greater uniformity in the administration of the federal and of the various state food and drug laws. In the opinion of the food and drug officials, uniform and co-operative action makes it easier for the honest producers and distributors to comply with all the provisions of the different laws relating to their products, and makes it harder for dishonest manufacturers, who purposely try to evade the laws, to escape detection.

APPETITE AND HEALTH

Loss of appetite is a sure sign of ill health.

Those who take Dr. Williams' Pink Pills for Pale People as a tonic invariably say that their improvement began with a noticeable increase in the appetite. When you are sick and your vitality is low your appetite fails. Nothing tastes good. You take no pleasure in your meals. Under such circumstances good digestion is impossible.

Dr. Williams' Pink Pills tone up the entire system, the blood is enriched and good red blood is essential to normal digestion. The glands that secrete the digestive fluids are strengthened, not merely stimulated, and you once more enjoy a good appetite. Looking forward pleasantly to meal-time is the first sign of returning health, strength and vitality.

What to eat then becomes a problem and it is solved by the diet book that the Dr. Williams Medicine Co., Schenectady, N. Y., will send you on request. It gives the relative digestibility of different foods, gives the proper diet in various diseases and is a handy book to have.

The price of Dr. Williams' Pink Pills is fifty cents per box. Your own druggist sells them or they will be sent by mail, postpaid, on receipt of price.

PAY SUNDAY'S EXPENSES.

New York Millionaire Will Build Portable Tabernacle.

Boston, Dec. 11.—If Billy Sunday will consent, he will have in New York the biggest tabernacle ever built, and it will not cost him or the worshippers in it one dollar. Not a cent in collections will be taken up in all the three months of the great New York campaign, but the entire expenses will be paid by Robert C. Andrus, multimillionaire chemical manufacturer of Yonkers, who began life as the son of a poor Methodist preacher. Andrus attributes all his success in life to his religious training, and he wants to show his gratitude by doing this for Billy Sunday, who, he believes, is the greatest evangelist since St. Paul.

Not only will he pay all the expenses of the New York campaign, but the tabernacle will be built of steel and portable so that it can be taken down at the end of the New York campaign and taken to Chicago for the next revival. The building is to belong to the evangelist, George Sunday, the evangelist's son, is in New York considering the offer.

DUEL CALLED OFF.

Deputy Who Insulted the Russian Duma to Be Ostracized.

London, Dec. 11.—The projected duel between Deputy Markoff of the Duma and President Michael Rodzianko has been abandoned, according to a Reuters despatch from Petrograd received at London. President Rodzianko's seconds have decided that the meeting was impossible as the Octoberist party, to which Mr. Rodzianko belongs, and the other parties have resolved to ostracize Deputy Markoff.

At a recent session of the Duma Deputy Markoff, who is known as a reactionary, called President Rodzianko a "habbling lackard." He explained that he desired to insult the Duma in the person of its president.

PANI ON WAY BACK

Belief at Washington that Carranza Has Approved Mexican Protocol.

The reconvening of the Mexican-American commission slated for to-day has again been postponed to await the return of Alberto Pani, the Mexican commissioner, who took the protocol south for Gen. Carranza's signature. Mr. Pani will reach Laredo, where the United States, at the request of the Mexican government, will suspend quarantine regulations to facilitate the commission's passage. The Mexican commissioners will confer in New York early this week and meet here with the American commissioners soon after. It is believed Carranza has approved the protocol.

Ma Meant Well, Anyway.

A young woman in Central park overheard an old negro call to a picnic party: "Come back, Exy, Exy!"

"Excuse me," said the young woman, "but isn't that a queer name for a baby, aunty?"

"Dat ain't her full name," explained the old woman with pride; "dat's jes' de pet name I call her short. Dat child got a mighty grand name. Her ma picked it out in a medicine book. Yesum, de child's full name is Eczeema."

THE FAILURE OF DIPLOMACY

United States Government Has Done All That Is Possible

AMERICA CAN DO NO MORE

Public Opinion to Be Awaited for Guidance for Next Step

Washington, Dec. 11.—With publication of the American protest to Germany on the deportations of Belgians, state department officials disclosed Saturday the United States government has exhausted its means of diplomacy and has laid the case before American public opinion from which it will expect to draw guidance for the next steps, if any are taken. Germany's reply, conveyed in conversations with charge d'affaires at Berlin by Chancellor Vorhelm-Hollweg, is that the deportations are regarded as justified on the grounds of social necessity. No actual reply in the form of a note has been received from Germany, but no doubt has been left by the chancellor that the protest of the United States will not be heeded.

Official information shows also that the deportations are continuing. Publication of the protest was disclosed at the state department Saturday to be for the purpose of placing the case before American public opinion. It was also revealed that publication of the document might be interpreted as unfriendly, but that this contingency had been taken into consideration before it was given out.

The state department feels that it has gone far beyond the usual diplomatic bounds in its protests to Germany and that in a strictly conventional sense it had almost no right to discuss the matter at all with Germany, as Belgium's interests in that country are represented by Spain and not by the United States. Consequently, with all diplomatic procedure now admittedly exhausted, the department has no other recourse than to give the facts to the public and leave the case with it.

With the apparent failure of the American protest as well as those of Holland, Spain and the Vatican, and the deportations unabated, the state department will await the expression of public opinion before another step is taken. The next step may be the making public of further information of the extent and machinery of the deportations. Meanwhile an official statement from England to the effect that American relief in Belgium may have to be terminated because of the deportations is causing alarm. Belgian Minister Hayvouth called at the state department at Washington Saturday to express his gratitude for the American protest and to inquire if there had been any developments. He believes Germany cannot fail to heed a protest of American public opinion.

MILD WINTER COMING.

Weather Sharp Gives Reasons for Encouraging Forecast.

Prof. John T. Timmons, the well known weather sharp, lays down a few reasons why he thinks we are to have a mild winter:

1. The markings of the caterpillar denote a mild winter.
2. Early frosts in the lowlands and fine growing weather for weeks afterwards.
3. Grasshoppers as lively as in the midsummer.
4. Katydid and crickets chirping at night.
5. Great flocks of robins in the usual sections.
6. Snakes very slow in searching for winter quarters.
7. Chaff covering the seeds of many weeds is light.
8. Fall pastures are heavy.
9. Fruit buds are small.
10. Nuts are scarce.
11. Squirrels are not storing nuts.
12. Bark on new growth of trees is very thin.
13. Poultry is moulted slowly.
14. Bees are eating honey they stored in early summer.

Gasoline From Oil Shales.

In anticipation of the day when, on account of the advancing cost of gasoline and other products obtained from petroleum, it might be found commercially profitable to utilize some of the enormous supply of petroleum to be derived from the distillation of the vast deposits of so-called hydrocarbon shales of the Green river formation of northwestern Colorado and northeastern Utah, the U. S. geological survey has for three years been making field investigations of these deposits. The examinations have been accompanied by mapping of the areas of hydrocarbon shales and by such field measurements of the thickness of the shales in workable beds and such rudimentary distillation tests as will afford primary information concerning the amount and richness of the shales in different parts of the region.

Very rough but cautious calculations of the contents of the shale in parts of the area examined indicate that the distillation of shale from beds over three feet thick in Colorado alone will yield more than 20,000,000,000 barrels of crude oil, from which more than 2,000,000,000 barrels of gasoline can be extracted by ordinary methods. A report giving the results of these explorations and tests and an account of experiments as to possible gasoline production, both by the ordinary process and by the new process, is now in press.

(37th annual report, director U. S. geological survey, department of the interior.)

Earning Christmas Pennies.

"Do you know where Johnny Locke lives, my little boy?" asked a gentle-voiced old lady.

"He ain't home, but if you give me a penny I'll find him for you right off," replied the lad.

"All right, you're a nice little boy. Now, where is he?"

"—Thanks—I'm him."

Topics of the Home and Household.

Parasols may be kept in condition through the winter months if every section is stuffed lightly with tissue paper when putting the parasols away. The paper will prevent creasing, which causes the silk to crack.

Make everyday tablecloths smaller and they will be easier to wash and iron, as well as less expensive to purchase. If they hang over the edge of the table two or three inches all around they will look well, especially if the table is in mission style, or has heavy legs.

A pane of glass placed over the cooking when it is open on the table will keep the right place and also prevent the leaves of the book from becoming soiled. The glass should be a trifle larger than the book, and it is a good idea to have passepartout binding all around the edges.

The annoyance of a rattling window shade may be overcome as follows: Drive a small brass-headed nail in the window ledge; fasten a small brass ring to the end of the shade; draw the shade down tight and slip the ring over the nail. Unless the wind is very strong this arrangement will admit the air but exclude the light and put an end to a small annoyance which is sometimes hard on the nerves.

When you realize that for comfort your feet demand more attention than your hands you will not find it so hard to devote a little time every night to their care. The feet should be regularly bathed every night—warm or tepid water is best at this time. After wiping dry rub briskly with cologne water or alcohol. Such treatment is most restful and excellent, too, if you suffer from clammy feet.

Raisin Spice Cake.

One scant cup butter, two scant cups sugar, one cup sour milk, three cups flour, three eggs, one teaspoon soda, one teaspoon ginger, two teaspoonsful cinnamon, two teaspoonsful nutmeg, one teaspoon cloves, two cups seed raisins. Beat the butter and sugar together to a cream, then put in the nutmeg, cinnamon, cloves and ginger. Beat the yolks of the eggs separately and the sour milk with the soda and add both to the

When the Feet Burn

When you feel that you cannot take another step because of the awful burning, painful sensation in your feet, get a bottle of good old reliable Minard's Liniment. In a few minutes you will know why everybody recommends Minard's Liniment for poor, aching, sore feet. It reduces the inflammation that causes the itching, burning and swelling. It helps the blood to circulate and soothes and cools and does not stain, burn or blister. It gives relief quickly because of its healing, antiseptic properties and frees you from foot misery.

Announcement

Advance in Price Cadillac Cars

Effective Dec. 15, 1916

On and after midnight, Thursday, December 14, 1916, the prices of all Cadillac Motor Cars and Chassis will be advanced \$160.

Orders received by the Cadillac Co., at Detroit, before that date will be accepted at present prices, namely:

Open Cars, 7-passenger.. \$2,080	Two-Passenger Roadster \$2,080
Four-Passenger Phaeton. 2,080	Convertible Styles, 7-Passenger with Cadillac body (Springfield type) .. 2,675
Four Passenger Coupe	
Couped Roadster	2,080

After midnight December 14, 1916, all these Cars will be advanced \$160 each.

Your order must be in our hands early Thursday to ensure your getting a Car at present prices.

Vermont Cadillac Co., Barre, Vt.

H. G. Bennett

Telephone 455

creamed butter and sugar then put in raisins and last the stiffly beaten whites of the eggs.

The Family Table for December.

Plum Pudding—Made by this recipe: plum pudding has all the flavor of wedding cake and is as digestible as gingerbread. Lacking a pudding mold with a tight-fitting cover use a large baking powder can or two pound lard bucket around where the cover and lard bucket join so no water can get in. Grease the mold well, and leave at least two inches depth for the pudding to swell, also keep a kettle of boiling water on the stove to replenish the pot as the water cooks away. It should always cover the can and should boil throughout the time required for cooking, which in this case is five hours. Don't be afraid of making too much. It can be heartily reheated a second serving, or can be sliced and eaten like cake. Chop suit, sufficient to fill a coffee cup, as fine as possible and mix it with three and one-fourth cups of sifted flour, reserving about half a cup of flour to mix with the fruit. Mix with the suet and flour and a teaspoon each of powdered ginger, cinnamon and allspice. Mix with the suet, etc., a cup of molasses, a cup of fresh milk and the juice and grated rind of a lemon, then stir in the flour and last of all a teaspoon of soda dissolved in a little hot water. Stir well and turn into the greased mold, cover closely and boil five hours. When done take off lid and let stand in the oven to dry for a few minutes. With the pudding can be used in an ordinary hard sauce flavored with nutmeg, or a liquid sauce made as follows:

Liquid Pudding Sauce—Beat together a cup of granulated sugar and an egg and turn over this slowly a cup of boiling water in which a quarter of a cup of butter has been dissolved, add a teaspoon of flour wet to a thin paste with a little cold water, and cook in the double boiler until creamy or for ten minutes. Flavor with lemon and nutmeg. Scramble—Any bits of good sweet, fresh pork, fat or lean, can be used for scramble. To two pounds of such pieces allow four quarts of water and cook until very tender, take out, chop fine, strain the liquor and return the meat to it. Season with salt, pepper and sage or summer savory, bring to a boil and stir in a heaping cup of cornmeal which has been wet with cold water to prevent its lumping. Stir well, cook for 20 minutes, being careful it does not burn, then thicken until hardly stirrable with flour. Turn into a well greased square pan and let stand until very firm. When wanted for use slice about half an inch thick, dip in cornmeal and fry brown. Scramble will keep a week in cold weather.

Baked Chops and Potatoes—Get shoulder chops for this, as they are cheaper, but loin chops are better. Mutton, veal, lamb or pork may be used. Butter the baking pan, and in it arrange in layers potatoes sufficient for the family, allowing two medium-sized ones to a person. Peel and slice thin and sprinkle between each layer salt and pepper. Turn in enough cold water to prevent burning and put in a hot oven until the top layer is browned, then place on top of the potatoes the chops, salting and peppering them, and if the potatoes seem dry add a little more boiling water. Bake until the chops are brown on one side, then turn them and brown the other. The chops must be served in the dish in which they are baked.

Prune Pudding—Soak the prunes over night, simmer until well swelled the next day, but do not sweeten. Trim the

crusts from stale bread, reserving them to be pulverized after drying for bread crumbs, cut in slices, butter. Put in buttered pudding dish a layer of the bread, then a layer of the seeded prunes and sprinkle with sugar and a little grated lemon peel. Repeat until dish is filled, finishing with the buttered bread. Turn in a little of the prune juice, cover and bake for an hour, then remove cover and bake until bread is brown. Serve with hard sauce or with cream and sugar.

Goose Pie—Trim off all the meat from the cold goose and boil the bones in water sufficient to cover. Line a deep baking dish with pastry, pare and slice four medium-sized potatoes and two apples. In the baking dish put first a layer of potatoes, then one of goose, then one of apples, and repeat until dish is filled. Turn the water from the bones and add to it the left-over gravy. Thicken with flour if necessary and turn into the dish. Cover with pastry in which cut slits and bake brown. If the gravy cooks away add a little boiling water through the slits.

Sweet Potato Fluff—Boil sweet potatoes until soft, then beat until very light with butter, milk or cream, a teaspoon of sugar and a shake of nutmeg. Pile lightly in the serving dish.—Woman's World for December.

Dorothy Dexter.

Just Plain Singing.

"And did you have Christmas music at the church?" asked the brother just returned for the holidays.

"Wall, no," said the squire, "can't say we did—jest singin' by the choir."

Too Much Fiddle.

A young theologian named Fiddle refused to accept his degree: "For," he said, "it is enough to be Fiddle, Without being Fiddle D. D."

PIMPLES ON FACE IN BLOTCHES

Also on Chest. Large, Red and Hard. Face All Disfigured. Would Itch and Burn.

HEALED BY CUTICURA SOAP AND OINTMENT

"My face and chest started to break out with pimples. Then my face started to get red and I used to scratch until the blood came. The pimples were large, red and hard, and the most of the time in blotches from my face to my chest. My face was all disfigured and would itch and burn so that I would stay awake hours at night.

"This kept on for seven and a half months so a friend advised me to try Cuticura Soap and Ointment. I sent for a free sample and it started to heal me so I bought three cakes of Cuticura Soap and one box of Ointment, and they healed me." (Signed) Antonio Felice, 74 St. John St., New Haven, Conn., Oct. 13, 1915.

Sample Each Free by Mail With 23-p. Skin Book on request. Address post-card "Cuticura, Dept. T, Boston." Sold throughout the world.

When Coffee Disagrees

Use INSTANT POSTUM

"There's a Reason"

NOT A HEADACHE IN IT

